



## Therapeutic Use Exemption (TUE) Checklist

*Diabetes Mellitus*

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FOR ETHICS IN SPORT

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This Checklist is to guide the athlete and their physician on the requirements for a TUE application that will allow the TUE Committee to assess whether the relevant ISTUE Criteria are met.

Please note that the completed TUE application form alone is not sufficient; supporting documents **must** be provided. A completed application and checklist DO NOT guarantee the granting of a TUE. Conversely, in some situations a legitimate application may not include every element on the checklist.

The documents included in your medical file must confirm your diagnosis and prescription and include:

<input type="checkbox"/> A duly completed TUE application form;
<input type="checkbox"/> A letter from your physician confirming you were seen within the current year (See Annex 1 for sample);
<input type="checkbox"/> Medical report should include details of:
<input type="checkbox"/> Medical history: symptoms, age at onset, course of disease, start of treatment, hypoglycemia, diabetic ketoacidosis, diabetes-related complications (where applicable)
<input type="checkbox"/> Interpretation of symptoms, signs and test results by physician
<input type="checkbox"/> Diagnosis based on international criteria (fasting blood glucose/glucose tolerance test/A1C or random blood glucose)
<input type="checkbox"/> Type of insulin prescribed including dosage, frequency, route of administration
<input type="checkbox"/> Diagnostic test results should include copies of:
<input type="checkbox"/> Laboratory tests (e.g., A1C profile, blood glucose) taken in the last 12 months
<input type="checkbox"/> Oral glucose tolerance test results (if done)

For more information about WADA's ISTUE criteria and additional information about the documentation to be submit, please visit WADA's [Medical Information to Support the Decisions of TUECs – Diabetes Mellitus](#).